

Macaroni Chick-Pea Soup

Rating: ★★★★★

Makes: 4 servings

Ingredients

3 1/2 cups chicken broth, fat-free, low sodium
1 cup water
1 3/4 cups macaroni (dry)
1/2 teaspoon celery flakes (or onion powder)
1/2 teaspoon oregano
1 cup stewed tomatoes, no-salt
1 cup green beans
1 can chick-peas (garbanzo beans)
1/4 teaspoon garlic powder

Directions

1. In a large saucepan, bring broth and water to a boil. Reduce heat to low. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally.
2. Add stewed tomatoes, green beans, chick-peas (drained), and garlic powder. Simmer 5 minutes, or until macaroni and beans are tender.

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	340	
Total Fat	4.5 g	7%
Protein	17 g	
Carbohydrates	59 g	20%
Dietary Fiber	9 g	36%
Saturated Fat	1 g	5%
Sodium	500 mg	21%